

Are you ready to **Quit Using Tobacco?**



The Frederick County Health Department offers
FREE Smoking Cessation Classes
Each Month

Each 60 minute session will focus on one of the following topics:

- Nicotine addiction
- Identifying triggers
- Preparing to quit
- Coping with stress and withdrawal
- Preventing Relapse

FREE Nicotine Patches or Gum Provided

(for participants who obtain physician consent)

Where and When:

Frederick County Health Department
350 Montevue Lane, Frederick, MD, Entrance D, Rm 2-139

Meet **Mondays and Wednesdays** each week
Choose between our 10:00 am or 3:00pm session

Call 301-600-3293 to register